



BELEN CONSOLIDATED SCHOOLS

# October 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

02  
GOLDFISH  
CRACKERS  
MILK

03  
WG RICE  
KRISPIE BAR  
BANANA

04  
CARROTS  
CHEESE STICK

05  
CELERY STICKS  
PB CUP  
MILK

06  
Fall Break  


09  
Fall Break  


10  
YOGURT  
FRESH FRUIT

11  
CHEESE STICK  
JUICE

12  
CEREAL BAR  
MILK


13  
RITZ BITS  
CRACKERS  
MILK

16  
GOLDFISH  
CRACKERS  
MILK

17  
WG RICE  
KRISPIE BAR  
BANANA

18  
CINNAMON BUG  
BITES  
MILK

19  
CELERY STICKS  
PB CUP  
MILK

20  
Parent Teacher  
Conferences  


23  
GRAHAM  
CRACKERS  
PB CUP  
MILK

24  
YOGURT  
FRESH FRUIT

25  
CHEESE STICK  
JUICE

26  
CEREAL BAR  
MILK

27  
RITZ BITS  
CRACKERS  
MILK

30  
GOLDFISH  
CRACKERS  
MILK

31  
WG RICE  
KRISPIE BAR  
BANANA

## InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.



## Announcements

VIEW MENUS AT:

<http://belen.healtheliving.net>

**All meals are served with choice of milk; 1% White Milk, or Fat Free Milk. or Strawberry or Chocolate.** (Soy milk available for student's with doctor's note.)

Menus are subject to change due to delivery shortages from our distributors.

View nutritional information on our new website:

<http://belen.healtheliving.net>

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## SNACK MENU

# SNACK



# TIME!